

Mental Health Awareness Month

KERN COUNTY

BEHAVIORAL HEALTH & RECOVERY SERVICES

2024

THERE WERE TWO TYPES OF EVENTS:



NAMI MENTAL WELLNESS WORKSHOPS
May 1, 2024
10 AM - 1 PM
Bakersfield College
1801 Panorama Drive, Bakersfield, CA 93305

CCS BAKERSFIELD RESOURCE FAIR
May 3, 2024
11 AM - 2 PM
College Community Services
2821 H St., Bakersfield, CA 93301

FREE FAMILY DAY AT CALM
May 4, 2024
9 AM - 3 PM
Sponsored by KernBHRS- Mental Health Services Act
10500 Alfred Herrell Hwy, Bakersfield, CA 93306

NAMI MENTAL HEALTH GALA
May 4, 2024
6 PM - 10 PM
CityServe
3201 F St., Bakersfield, CA 93301

GIVE BIG KERN 2024
May 7, 2024
ALL DAY
Make donations to all non-profit organizations in Kern County https://www.givebigkern.org

"INSIDE OUT" RESOURCE FAIR
May 8, 2024
10 AM - 12 PM
Clinica Sierra Vista
3117 Wilson Road, Bakersfield, CA 93304

SUPPORTING THE UNHOUSED
May 8, 2024
9:30 AM - 11 AM
College Community Services
930 F St., Wasco, CA 93280

INSPIRATION AWARDS CEREMONY
May 10, 2024
10 AM - 12 PM
KernBHRS Westchester Courtyard
2001 28th St., Bakersfield, CA 93301

CCS TAFT OPEN HOUSE
May 10, 2024
11 AM - 2 PM
College Community Services
1021 4th St., Suite B, Taft, CA 93268

KERN BHRS PSYCHIATRIC HEALTH FACILITY GRAND OPENING
May 15, 2024
1 PM - 7 PM
702 Workman St., Bakersfield, CA 93307

NAMI TOGETHER FOR MENTAL HEALTH
May 16, 2024
10 AM - 2 PM
Consumer Family Learning Center
2001 28th St., Bakersfield, CA 93301

CCS MENTAL HEALTH AWARENESS DAY AND LUNCHEON
May 17, 2024
11 AM - 1 PM
College Community Services
2731 Nugget Ave., Lake Isabella, CA 93240

CCS MENTAL HEALTH AWARENESS DAY AT THE PARK
May 17, 2024
2 PM - 5 PM
Leroy Jackson Park
300 French Ave., Ridgecrest, CA 93555

BAIHP MENTAL HEALTH AWARENESS
May 17, 2024
4 PM - 8 PM
Bakersfield American Indian Health Project
501 40th St., Bakersfield, CA 93301

CCS MENTAL HEALTH WALK
May 22, 2024
Starts at 9AM
Meeting at Brite Lake
22902 Banducci Road, Tehachapi, CA 93561

FOOD & FAN DISTRIBUTION
May 22, 2024
Starts at 3 PM
Apple Core Project & KernBHRS
616 Grace Street, Bakersfield, CA 93305

COMMUNITY NARCAN TRAINING
May 24, 2024
Starts at 10 AM
Westchester Courtyard
2001 28th St., Bakersfield, CA 93301

CCS MOJAVE OPEN HOUSE
May 25, 2024
1 PM - 5 PM
College Community Services
16940 Highway 14, Suites C-J, Mojave, CA 93501

HYGENE & STRESS MANAGEMENT SKILLS
May 29, 2024
9:30 AM - 11 AM
College Community Services
930 F Street, Wasco, CA 93280

Bonus
Wear GREEN for Mental Health Every Friday
#BreakTheStigma

SHINE GREEN FOR MENTAL HEALTH
ALL MONTH
County Administrative Building
Snap a picture & tag @KernBHRS on social!

Events coordinated by KernBHRS Teams

- **FREE Family Day at CALM (California Living Museum)**
- **Inspiration Awards**
- **KernBHRS Psychiatric Health Facility (PHF) Grand Opening**
- **Food & Fan distribution with Apple Core Project**

Events coordinated by our partner agencies

- **NAMI Mental Wellness Workshops**
- **NAMI Mental Health Gala**
- **College Community Events**
  - Resource Fairs (Bakersfield, Lake Isabella, Ridgecrest, Tehachapi, and Wasco)
  - Open House (Taft and Mojave)
  - Mental Health Walk (Tehachapi)
- **Child Guidance Clinic – Block Party**
- **Clinica Sierra Vista Resource Fairs**
- **Bakersfield American Indian Health Project Mental Health Awareness event**
- **Community Narcan Distribution**



BOARD OF SUPERVISORS PROCLAMATION

APRIL 23, 2024

ALL MONTH LONG

Going Green

Throughout May, the Kern County Administrative Building is going green for mental health. Be sure to drive by after dusk!



Wear GREEN every Friday in May!

Grab your favorite piece of green clothing or accessory and join us in wearing green every Friday during May to raise awareness for mental health.



2024 Family Day at CALM

Saturday, May 4th

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

MAY THE 4TH



BE WITH YOU.



BREAK THE Stigma

Mental Health Awareness Month

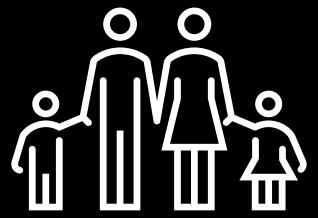


2,998 PEOPLE IN ATTENDANCE

(12% INCREASED FROM MAY 2023)

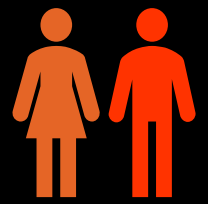
DEMOGRAPHICS OF THOSE IN ATTENDANCE

47%
Children under 15 yrs. of age



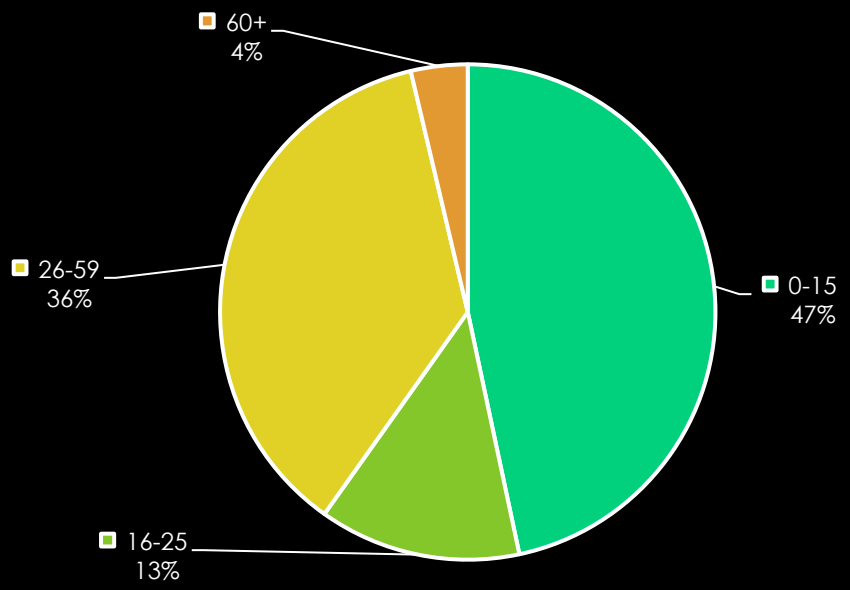
36%
Adults between 26-59 yrs. of age

56%
Females

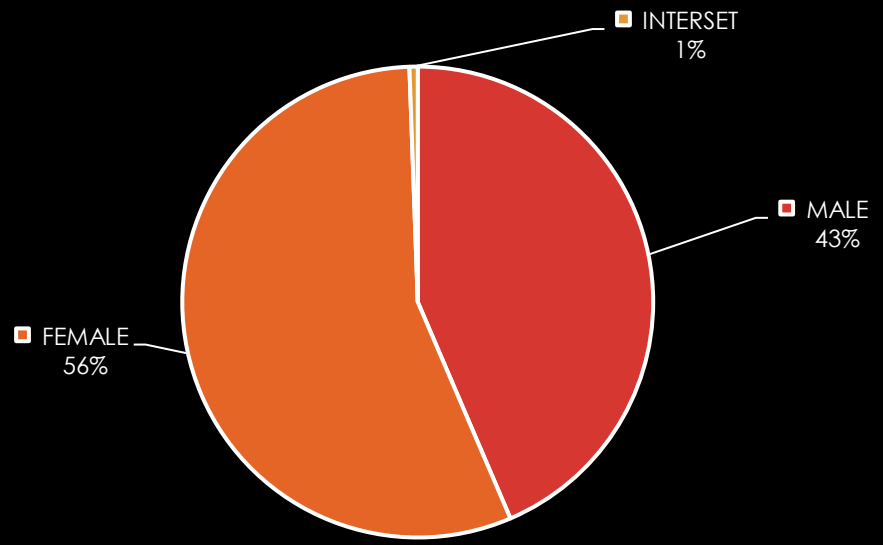


43%
Males

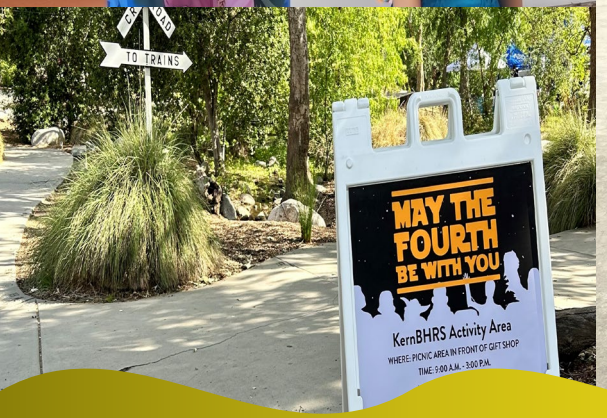
AGE



GENDER









Tai Chi



Laughter Yoga



Polynesian Dancers

Children Activities:
Free Train Rides, Origami, Mother's Day Card craft, and much more!

AAPI Heritage:
We incorporated multiple activities honoring the AAPI Heritage

Self-Care Demonstrations:
Laughter Yoga, Tai Chi, and Polynesian Dancing


RAIL
CROSSING
ROAD
TRAINS ARE
ASIAN
AMERICAN
AND PACIFIC
ISLANDER


Drug & Alcohol
Prevention






1567
CENTRAL CALIFORNIA
CHILDREN'S RAILROAD
1567


800-331-3000




KERN
COUNTY
BEHAVIORAL HEALTH
& RECOVERY SERVICES



2024 Inspiration AWARDS

Friday, May 10, 2024
10AM – 12PM
KernBHRS Westchester Courtyard
(2001 28th St., 93301)

2024 INSPIRATION AWARDS

- Event took place at our Westchester Courtyard located at 2001 28th Street
- Our theme was "Honoring the AAPI Heritage"
- There were 40 nominees over 6 categories (Incredible Youth, Trailblazing Achiever, No Place Like Home, Inspiring Advocate – Individual, Inspiring Advocate – Group and Professional of the Year.
- All nominees under the Incredible Youth and Trailblazing Achiever categories received a *Special Recognition Award*



Incredible Youth Award

Winner:

Joel Ruiz



<u>Special Recognition Awards</u>:

- Aleksa Urbina
- Isabelle Harbour
- Nevaeh Fimbres

Trailblazing Achiever Award

Winner:

Ramon Salgado



Special Recognition Awards:

- Dan Schoen
- James Lawr
- Kaitlin Renehan
- Michael Dunford
- Oscar Artiga
- Yanette Elizalde

Inspiring Advocate Award - Group

Winner:

MHSA Outreach & Education Team



Inspiring Advocate Award – Individual

Winner:

Dr. Ashleigh Herrera



There's No Place Like Home Award

Winner:

Jasmine Marvel /Minnie Marvels



Professional of the Year Award

Winner:

Marcie Lesser




KERN COUNTY




Let Us Cater Your Next Event!
ASIAN PACIFIC AMERICANS








KERN COUNTY



CTEC PSA Competition & Resource Fair

Tuesday, May 14, 2024

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

KERN HIGH SCHOOL DISTRICT
Tradition of Excellence
Est. 1893

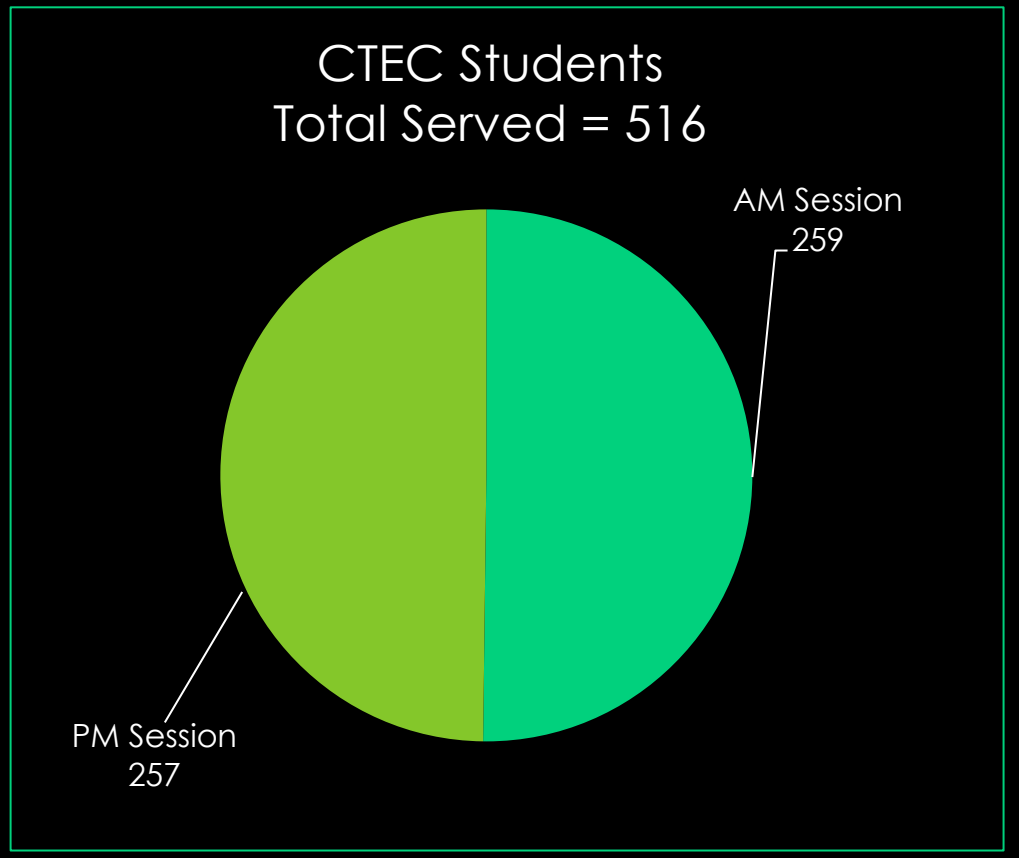
BREAK THE Stigma
Mental Health Awareness Month











Awards were presented to 1st, 2nd, and 3rd Place winners under the following categories:

Audio PSA, Video PSA, and Podcast

Psychiatric Health Facilities Grand Opening

May 15, 2024

Stars Behavioral Health Group
Partnering with People for Positive Change

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

Telecare Corporation

Adult Psychiatric Health Facility

718 WORKMAN ROAD



Telecare Corporation

The Kern County Adult Psychiatric Health Facility (Adult PHF) will provide much-needed resources for people in need of acute care in the county and expand options for those who need immediate, high-intensity support. The goal is to help individuals stabilize and feel supported to return to the community or other levels of care safely. Telecare will be the operations provider of the Adult PHF.

Telecare Corporation is one of the nation's largest providers of services and supports to individuals with serious mental illness (SMI). Telecare specializes in serving individuals with complex needs, including co-occurring issues.

Youth Psychiatric Health Facility

702 WORKMAN ROAD

The Youth Psychiatric Health Facility (Youth PHF) for Youth in Kern County provides important resources for children and adolescents up to age 17 who require inpatient care. The Youth PHF is operated by Central Star Behavioral Health and is a collaboration with Kern County Department of Behavioral Health & Recovery Services.

Central Star has successful experience in operating 24-hour residential facilities for youth in a multidisciplinary model, with client services performed under the continuing supervision of a physician.

This facility is designed to serve youth requiring either voluntary or involuntary psychiatric services. It provides a 24-hour therapeutic and rehabilitative treatment program aimed at improving the ability of youth to function adequately in the community by addressing and improving their mental health challenges.



STARS BEHAVIORAL HEALTH GROUP

WHO IS THE PROGRAM FOR?

- Provides intensive treatment programs with individualized care plans for up to 16 clients and their families at each of the PHFs.
- Serves youth (Youth PHF) and adults (Adult PHF) who require acute inpatient psychiatric care due to being a danger to themselves, a danger to others, gravely disabled, or any combination as a result of behavioral health condition or challenges.
- Offers counseling, psychiatry, medication support, nursing, and rehabilitation services including therapeutic group activities and expressive arts.
- Moves clients through five phases: admission; engagement; learning; stabilization; and linkage to resources and aftercare.
- Accepts Kern County clients with Medi-Cal and those who have limited resources.
- This program is licensed by the California Department of Health Care Services.
- Referrals will come through crisis continuums or hospitals. Self-referrals or family referrals are not accepted.













Food & Fan Distribution

Wednesday, May 22, 2024

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

APPLE CORE PROJECT

BREAK THE Stigma
Mental Health Awareness Month

FOOD & FAN DISTRIBUTION IN PARTNERSHIP WITH APPLE CORE PROJECT









300

Box Fans

500?

Food Baskets

Bookworm Buddies

May 1st – May 13th

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

BOOKWORM BUDDIES
SINCE 2023

BREAK THE Stigma
Mental Health Awareness Month

BOOKWORM BUDDIES

School Grade	Number of Classrooms	Number of Kids	Name of Schools	Books Read & Donated
TK	4	54	Golden Oak Elementary	Don't Feed the Worry Bug Out of a Jar How do Dinosaurs say, "I'm Mad"? (English & Spanish)
K	11	211	Golden Oak, Freemont, and Harding Elementary	How do Dinosaurs say, "I'm Mad"? (English & Spanish) Pilar's Worries Ruby Finds a Worry
1st Grade	4	83	Golden Oak Elementary	How do Dinosaurs say, "I'm Mad"? (English & Spanish) The Tree Little Yogis and The Wolf Who Lost His Breath Olivia Wrapped in Vines Anh's Anger
2nd Grade	4	86	Golden Oak Elementary	How do Dinosaurs say, "I'm Mad"? (English & Spanish) Dark Cloud Niko Draws a Feeling Beautifully me

 **434 students**  **23 classrooms**  **3 schools**

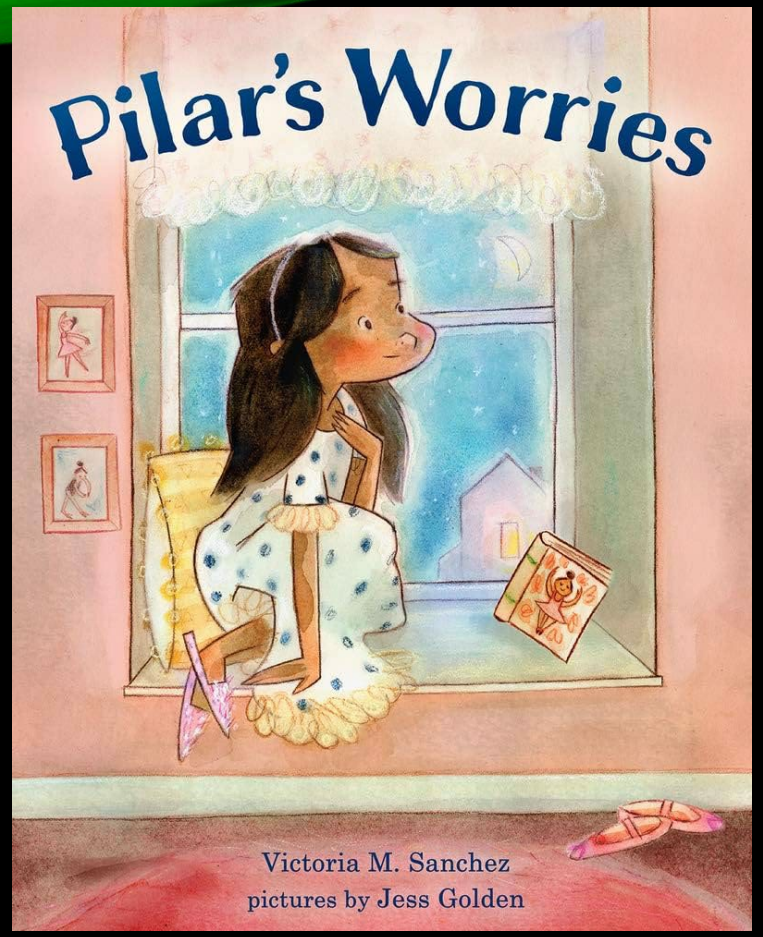

Making 10
Number Bonds
Cubes
Ten Frame
Counters
Comparing
10+0=10
9+1=10
8+2=10
7+3=10
6+4=10
5+5=10
4+6=10
3+7=10
2+8=10
3+2=5

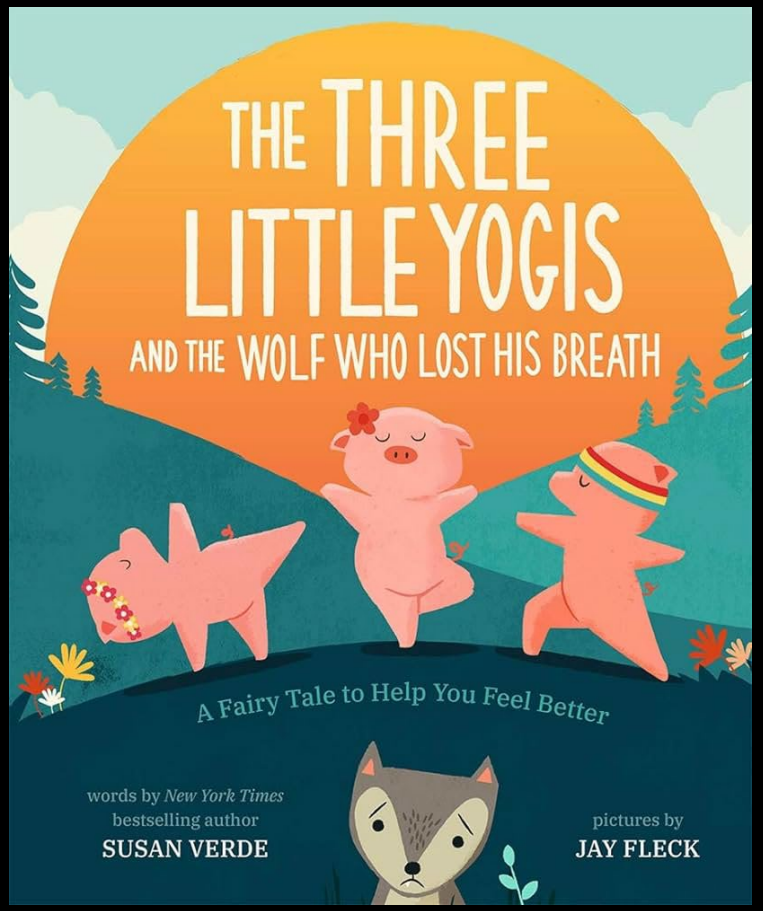


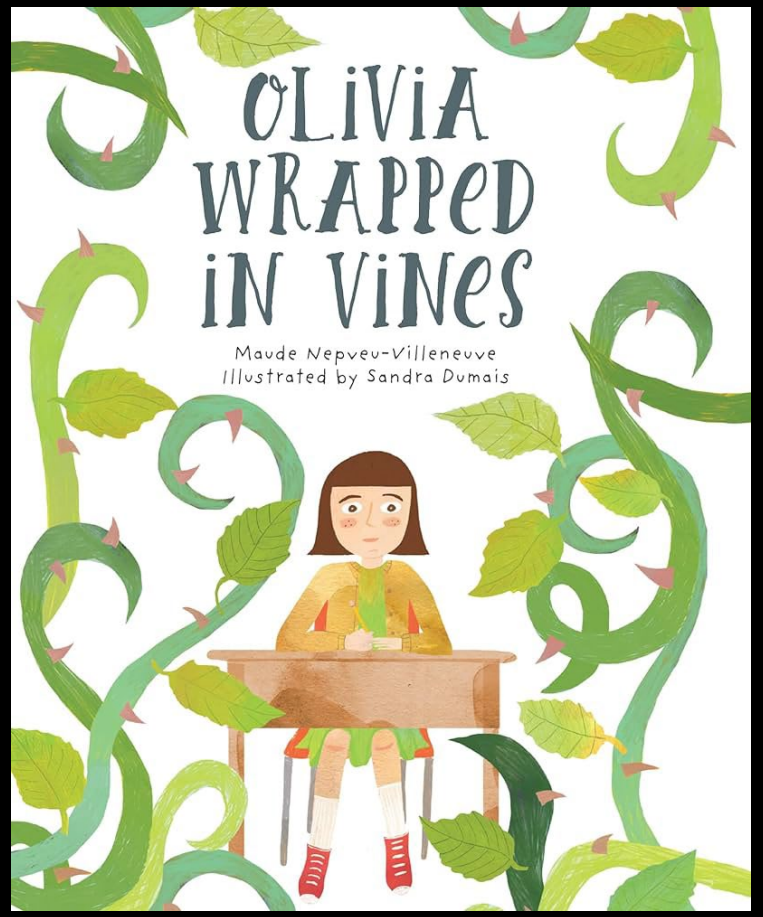

WELCOME
Short i
Long i
Kit
Tim
dim
pin
rip
kite
bike
dime
pine
time
crow
TODAY'S SCHEDULE
8:50 Arrival
8:50 Calendar
9:00 Reading
9:15 Language Arts
9:30 Reading Centers
10:10 Recess
10:20 DELD
10:50 Lunch
11:30 Phonics
12:05 Math
12:50 Science
1:20 P.E.
1:35 Clean Up
1:40 Dismissal
Verbs
Adjectives

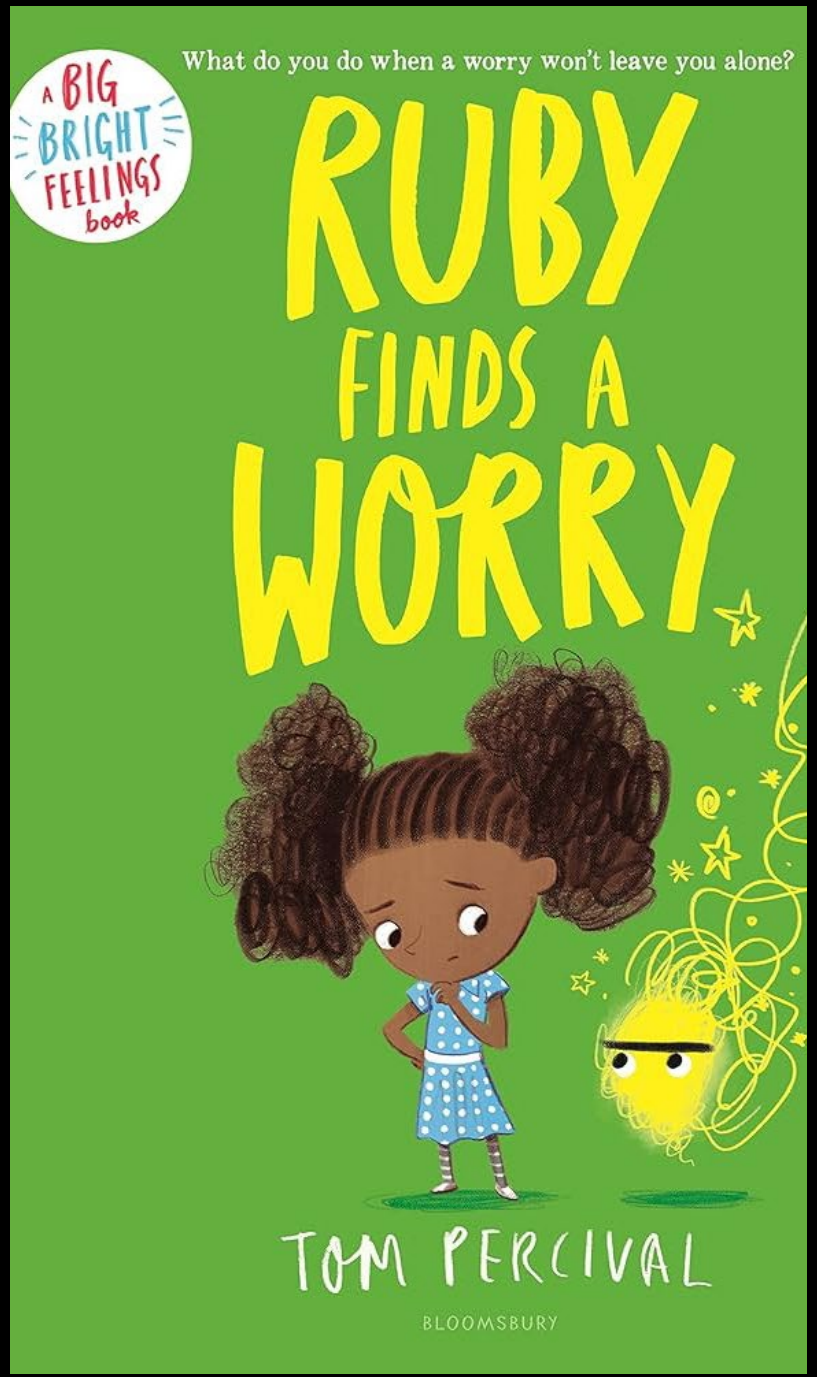


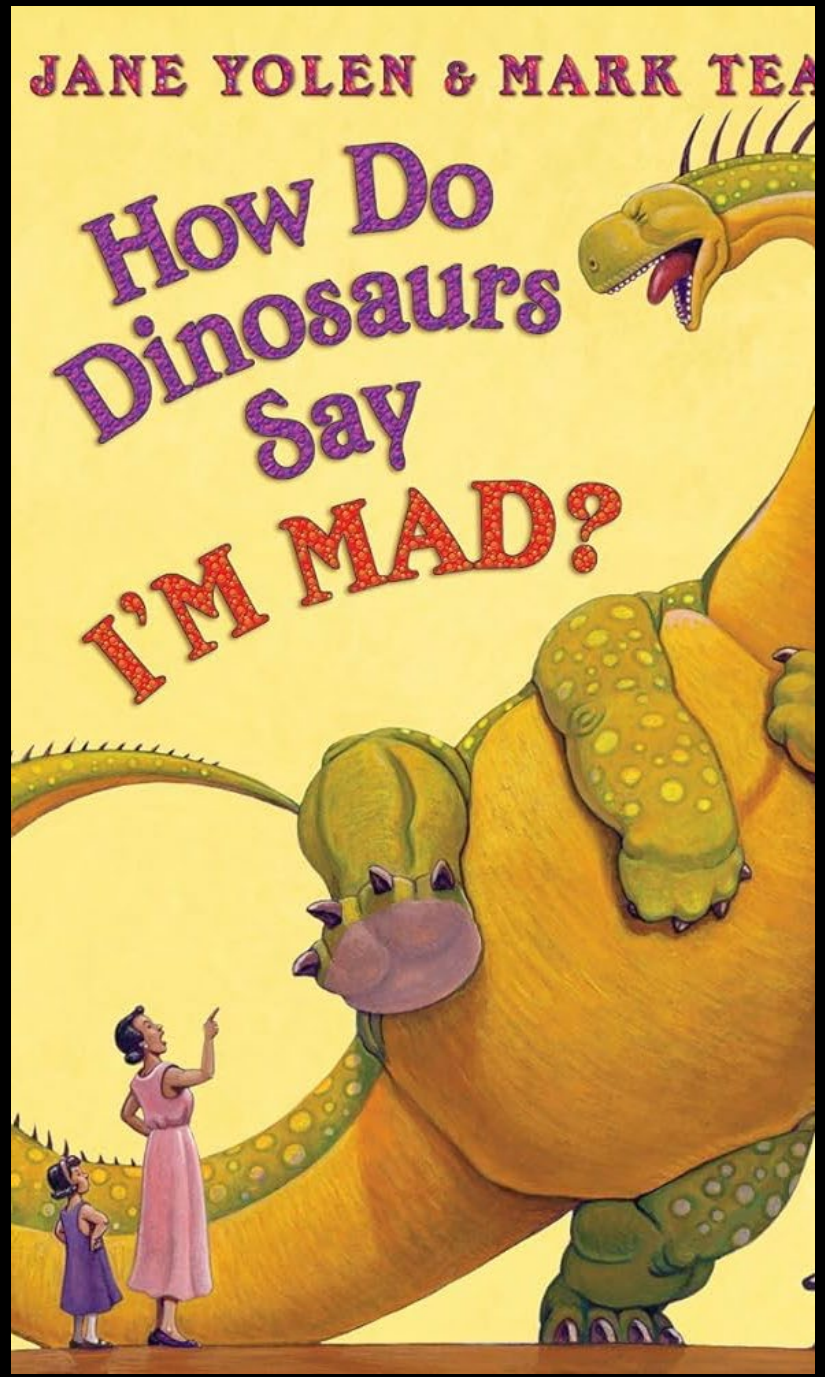
WE READ THE FOLLOWING BOOKS…

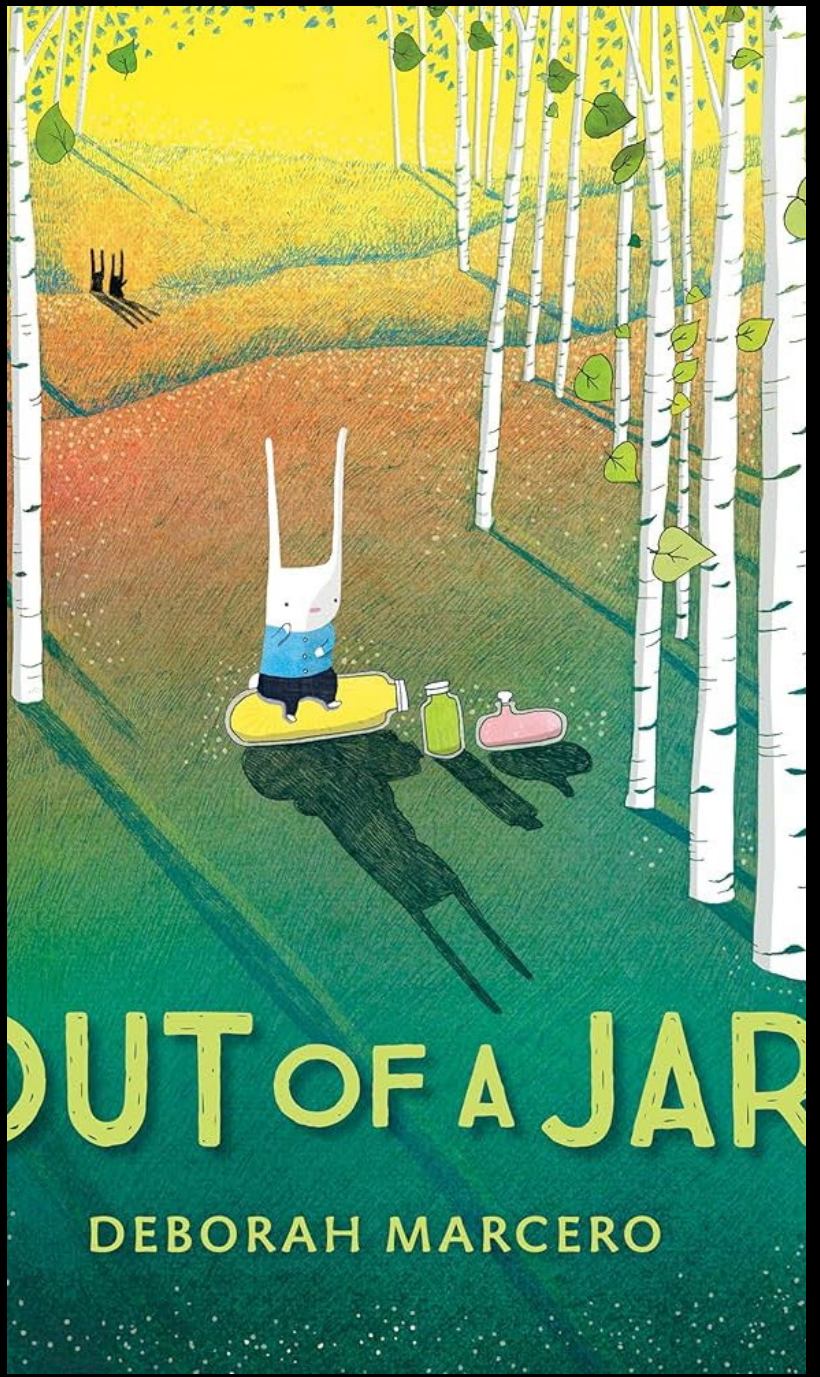


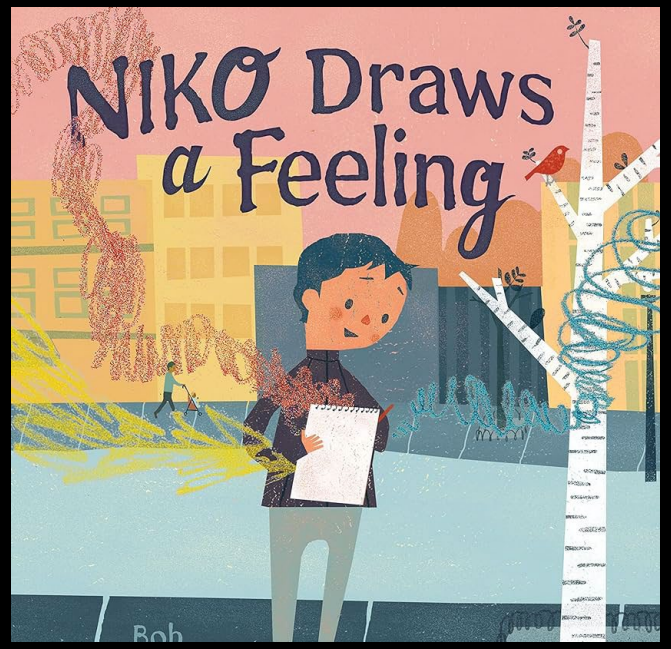


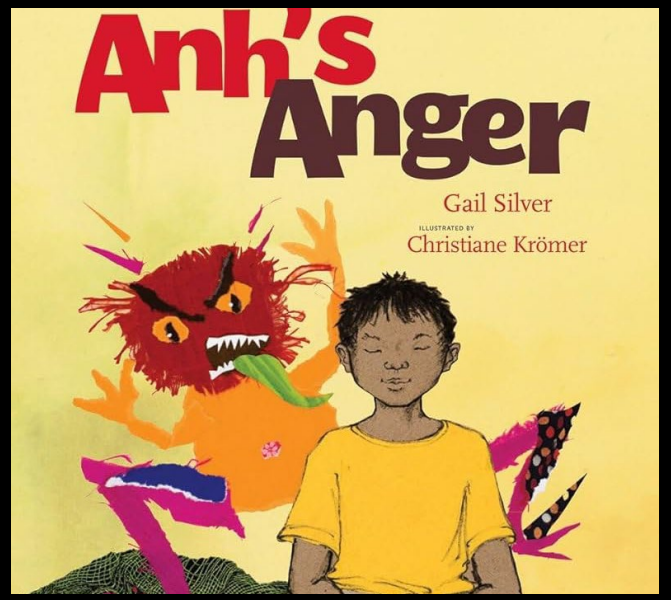


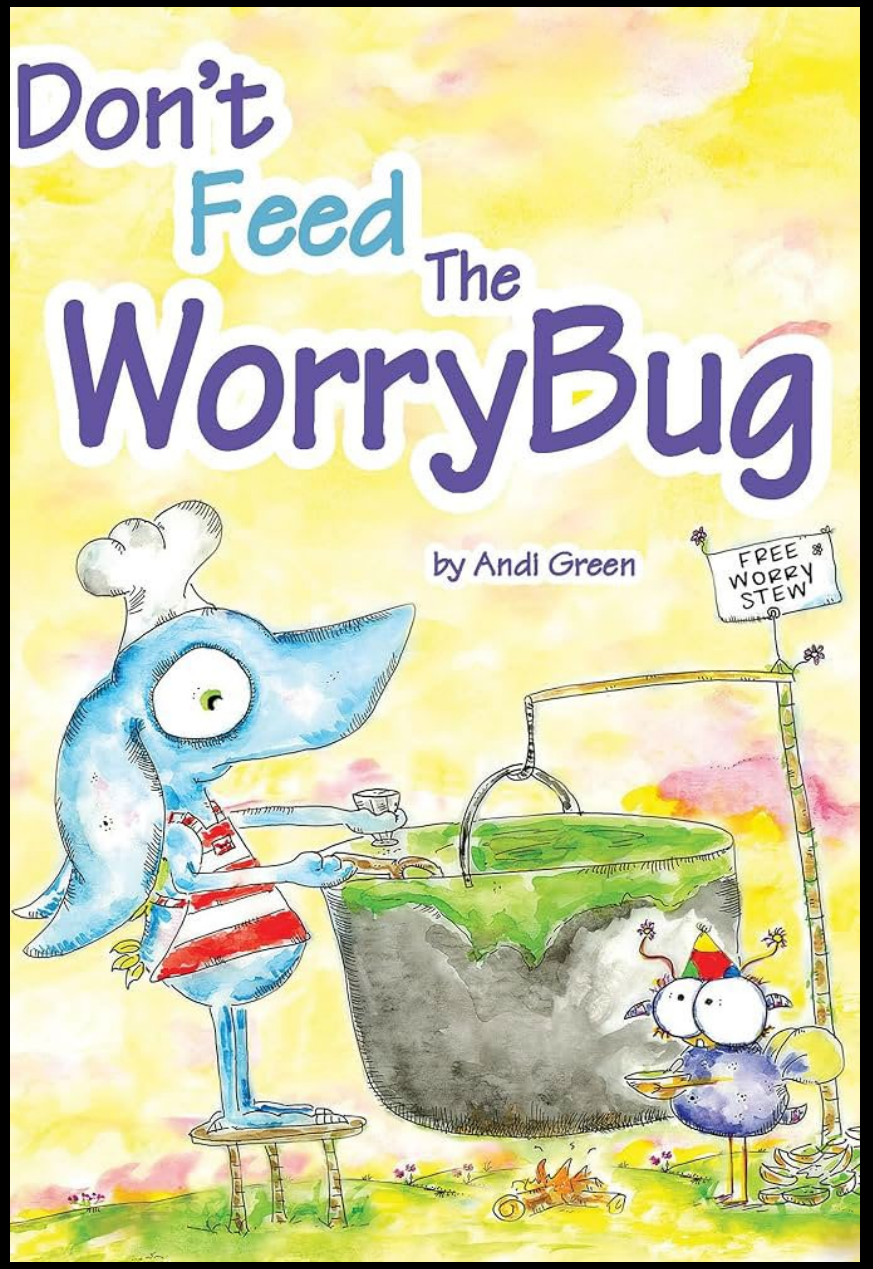

A BIG BRIGHT FEELINGS book
What do you do when a worry won't leave you alone?
RUBY FINDS A WORRY
TOM PERCIVAL
BLOOMSBURY

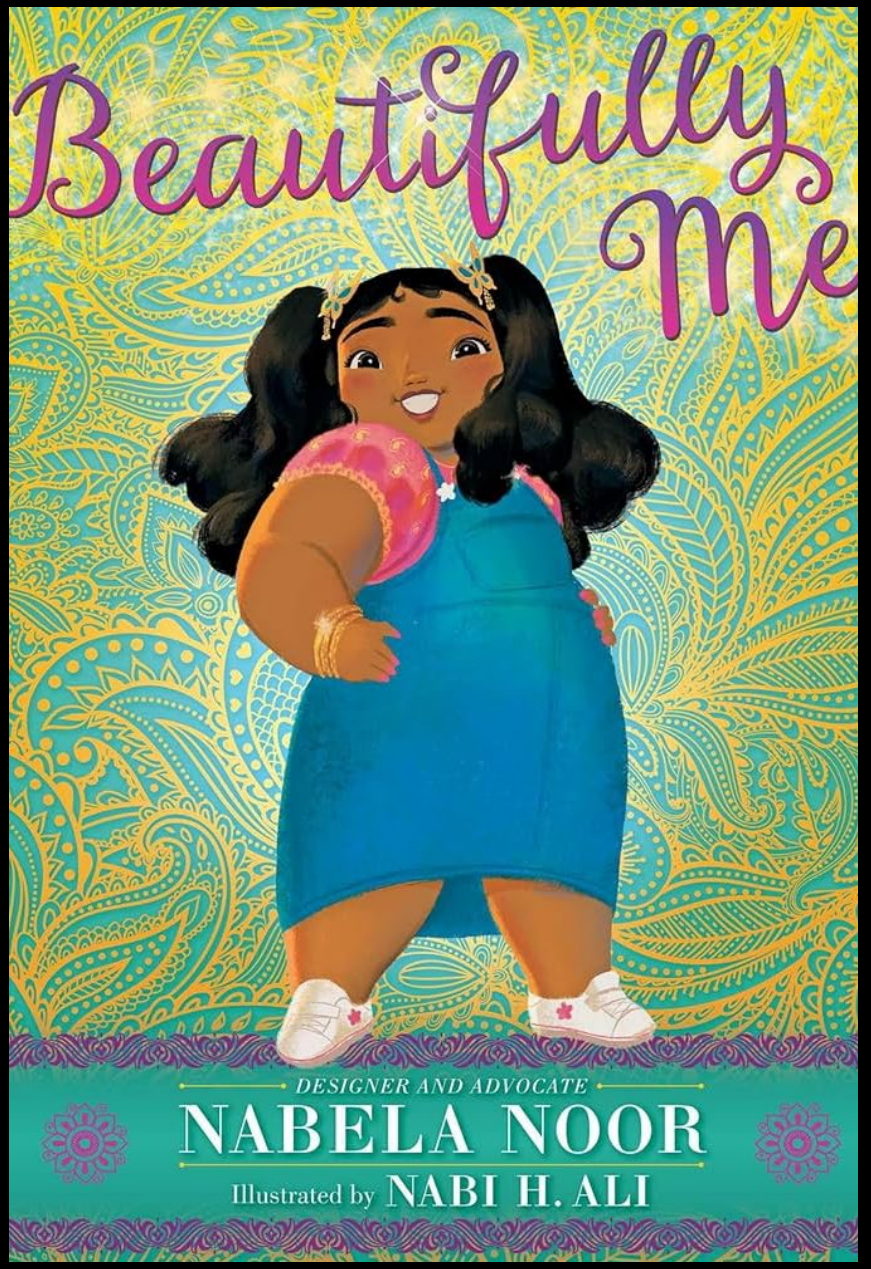

JANE YOLEN & MARK TEA
How Do Dinosaurs Say I'M MAD?


UT OF A JAR
DEBORAH MARCERO









...then donated the books to their classroom library

FIND YOUR ANCHOR

FIND YOUR ANCHOR (FYA) DISTRIBUTION

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

BREAK THE Stigma
Mental Health Awareness Month

What is "Find Your Anchor"?

KernBHRS partnered with Find Your Anchor (FYA) to provide Anchor boxes throughout Kern County.

Find Your Anchor (FYA) is a grassroots movement for suicide prevention, awareness, and education. With creativity and personal touch, FYA aims to support those who may be struggling and de-stigmatize conversations surrounding suicide and mental health.

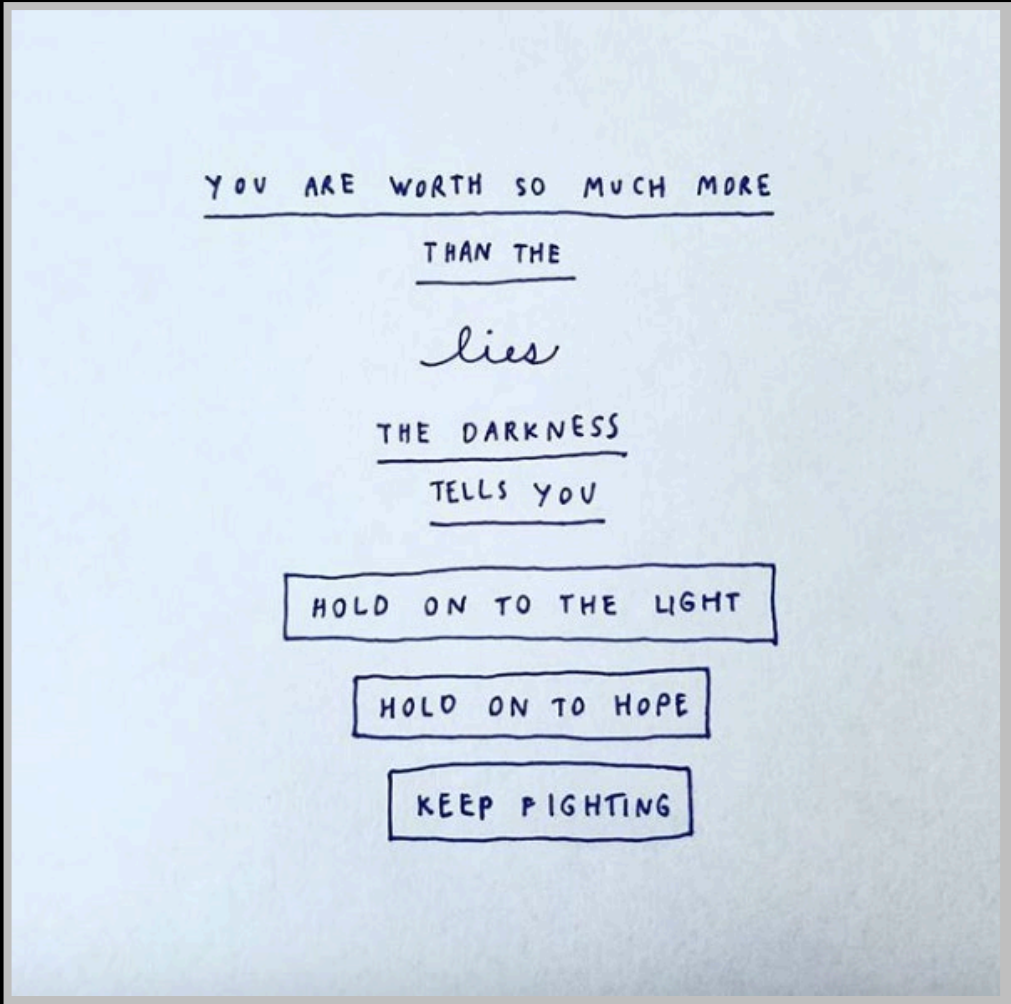
Each box contains:

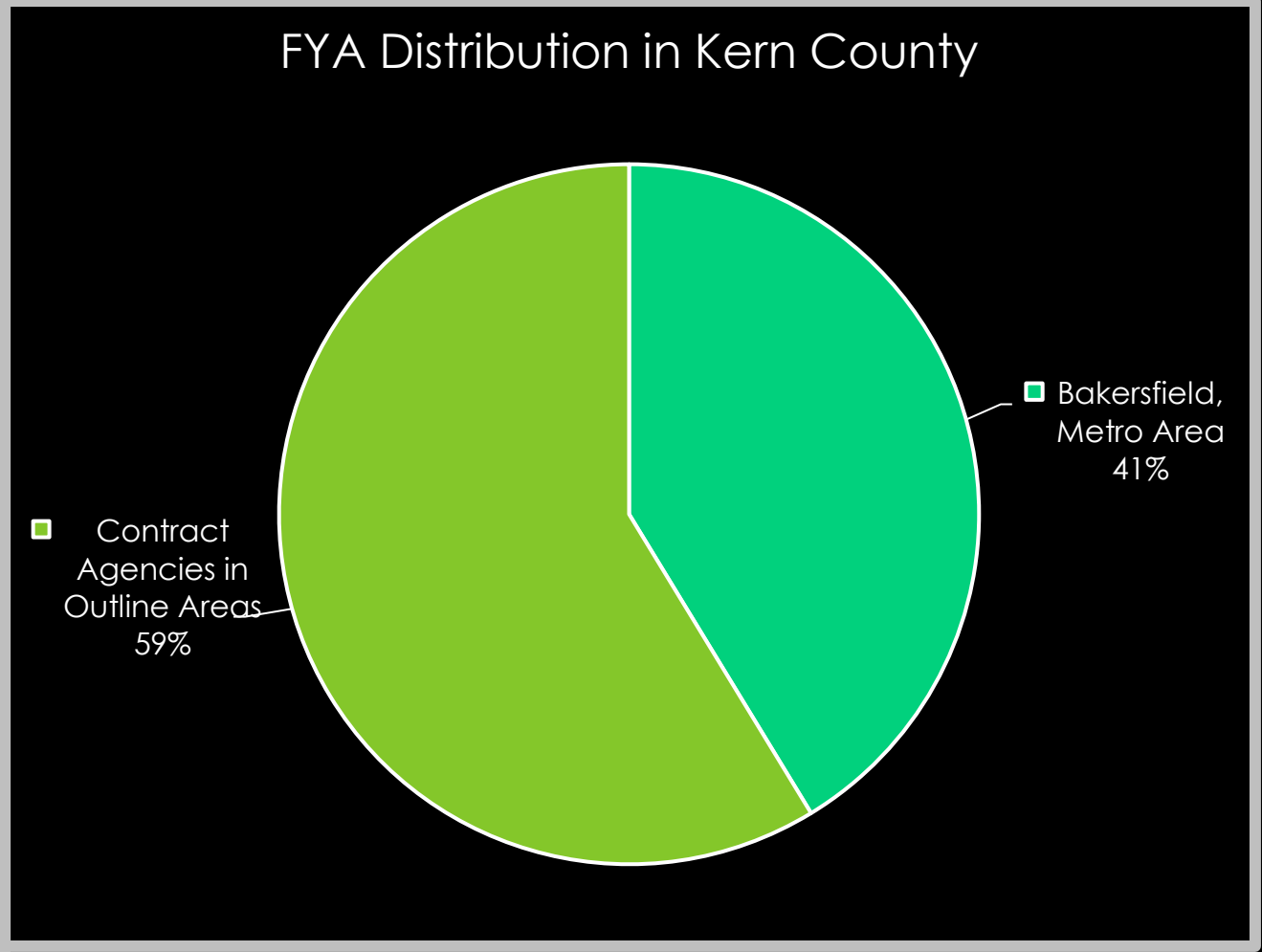
- List of local and national resources
- 52+ Reasons to Live deck
- FYA anchor logo swag
- Hand-made caring cards from KernBHRS staff

We distributed:

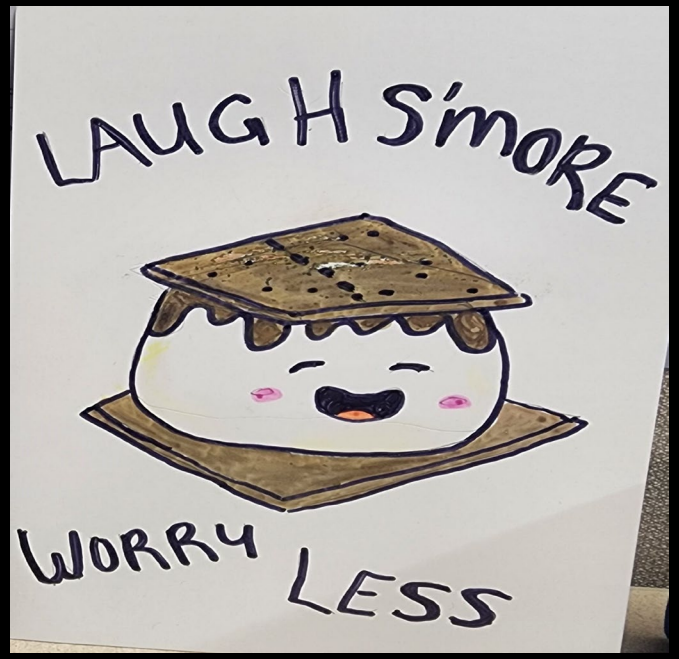
- A total of **697** FYA boxes
- English version = 428
- Spanish version = 269

We distributed 697 FYAs













Find Your Anchor, Find Your Hope

Anchor Boxes can be found in random places throughout Kern County, including any of our KernBHRS locations. For a complete list of locations, send us an email at MHSATeam@KernBHRS.org

FIND YOUR ANCHOR

988 SUICIDE & CRISIS LIFELINE

KERN COUNTY BEHAVIORAL HEALTH & RECOVERY SERVICES

Non-profits, schools, community members, etc.: If you would like to help us distribute boxes or host a box, please email MHSATeam@kernbhrs.org



For more information, please contact the MHSA Team at MHSATeam@kernbhrs.org

Lunch & Learn

Presents: Indian Culture

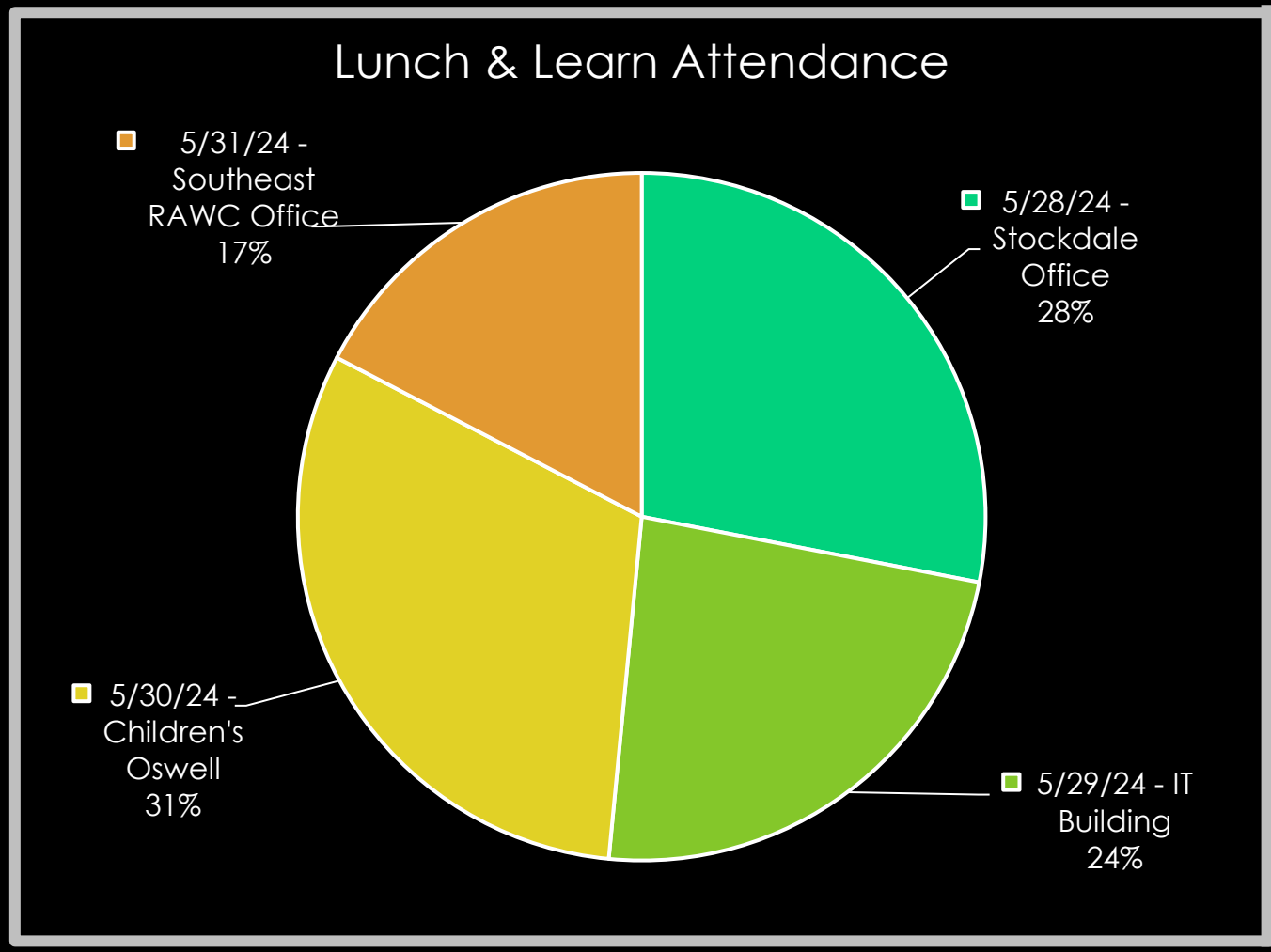
Celebrating AAPI Heritage Month

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES



BREAK THE Stigma
Mental Health Awareness Month

196 KernBHRS Staff members Joined the Lunch & Learn Sessions











Lunch & Learn

Come learn about Indian culture while immersing in traditional food, music, and decorations.

Those who would like to celebrate their Asian/Pacific Islander heritage are ***encouraged*** to wear traditional clothing for the week!

11 AM - 1 PM

Tuesday	5/28	Stockdale
Wednesday	5/29	IT-21st St.
Thursday	5/30	Oswell
Friday	5/31	SE RAWC

If your site is not listed, you may attend a site on the list.

RSVP using the link or QR Code below

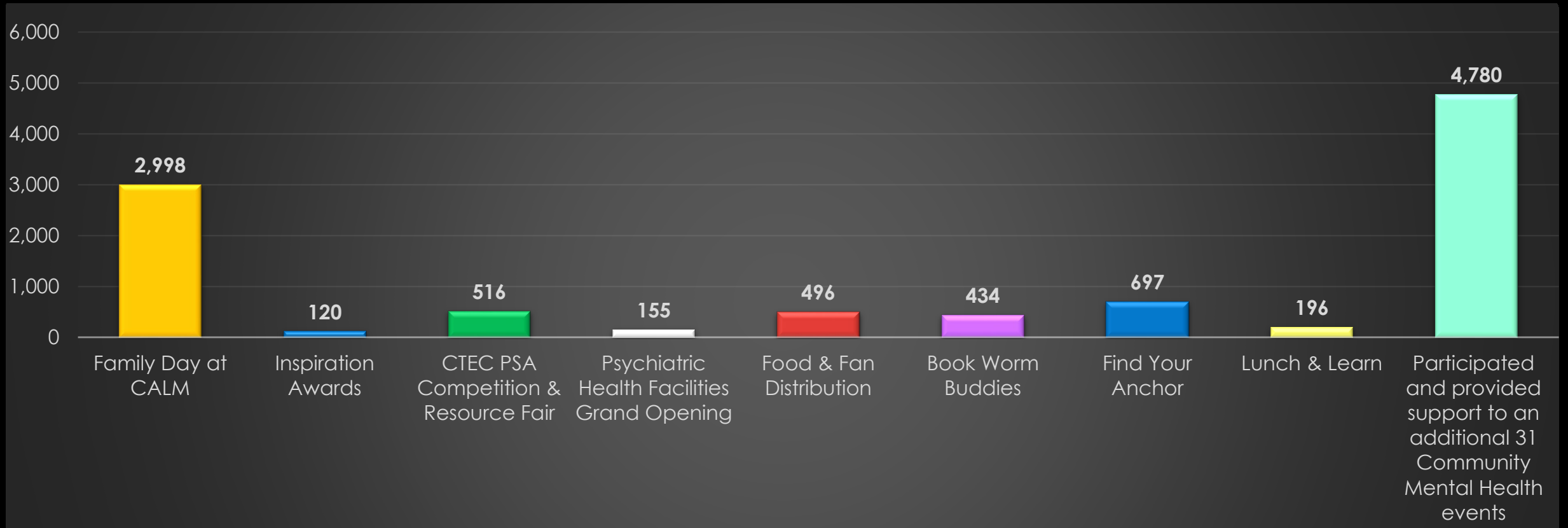
https://forms.office.com/g/Pb7f4hPqxC

Summary of Events

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES

BREAK THE Stigma
Mental Health Awareness Month

Total Population Reached during May 2024 = 10,392



Note: The population reached in May 2024 increased by 27% from the population reached in May 2023.

MENTAL HEALTH AWARENESS MONTH

CCS Community Events for May 2024

3 FRI

CCS Bakersfield Resource Fair | 11:00am - 2:00pm
College Community Services – Bakersfield
2821 H Street, Bakersfield, CA 93301

8 WED

Supporting the Unhoused | 9:30am - 11:00am
College Community Services – Wasco Adult
930 F Street, Wasco, CA 93280

10 FRI

CCS Taft Open House | 11:00am - 2:00pm
College Community Services – Taft Clinic
1021 4th Street, Suite B, Taft, CA 93268

17 FRI

Mental Health Awareness and Luncheon | 11:00am - 1:00pm
College Community Services – Lake Isabella
2731 Nugget Avenue, Lake Isabella, CA 93240

CCS Ridgecrest Mental Health Awareness Park Day
2:00pm - 5:00pm
Leroy Jackson Park
Ridgecrest, CA 93555

22 WED

CCS Tehachapi Mental Health Walk | 9:00am - TBD
Brite Lake
22902 Banducci Rd, Tehachapi, CA 93561

25 SAT

CCS Mojave Open House | 1:00pm-5:00pm
College Community Services – Mojave Clinic
16940 Highway 14, Suites C-J, Mojave, CA 93501

29 WED

Hygiene and Stress Management Skills | 9:30am - 11:00am
College Community Services – Wasco Adult
930 F Street, Wasco, CA 93280

College Community Services
PEOPLE. PASSION. SERVICE.

MAY IS MENTAL HEALTH MONTH

COPING CRAFT FAIR

WHEN
May 2nd, 2024
3pm - 5pm

WHERE
Child Guidance Clinic
Parking Lot & Playground
3628 Stockdale Hwy

WHO
Youth of all Ages and their Caregivers

We strongly encourage Caregivers to participate with their children.

WHAT
Multiple stations will be set up for youth to learn about coping skills and to create an activity to take home to utilize as a coping skill.

FEATURING • Coloring • Journals • Coping Skill Box • Counting Keychains • Water Bottles • Pocket Pals and more

PROVIDED BY
Henrietta Weill Memorial Child Guidance Clinic & Adult Behavioral Health

MENTAL HEALTH AWARENESS

JOIN THE CONVERSATION



CELEBRATE RESILIENCY

Friday, May 17th from 4PM - 8PM
501 40th St. Bakersfield, CA 93301

Dinner provided. RSVP to attend (max 50)
RSVP by calling (661) 327-4030 or email BAIHPCommunity@BakersfieldAIHP.org

Bakersfield American Indian Health Project

May marks National Mental Health Awareness Month. BAIHP believes it is important to understand the resources available to American Indian, Alaska Native, and Indigenous people in Kern County. At this event you will hear about access to care, stories of hope, healing, and resiliency, and about the sacredness of defined practices of those who achieved wellness, recovery, and sober living.

NAMI Kern County
presents

Mental Health Gala

a black-tie celebration

Saturday, May 4, 2024 at 6pm

CityServe
3201 F Street, Bakersfield, CA 93301

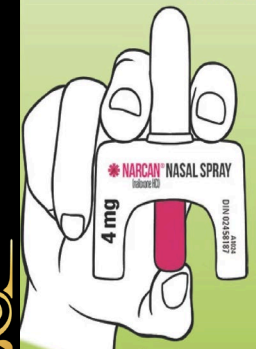
Tickets: $60

Dinner, Guest Speakers, Award Ceremony, Entertainment

Ticket purchase: via PayPal at namikerncounty.org
Cashier checks/money order only: P.O. Box 9144, Bakersfield, CA 93389

FREE NARCAN DISTRIBUTION & TRAINING

May 24th, 2024
10:00 AM
KernBHRS Westchester Courtyard
2001 28th St., 93301



KernBHRS Prevention Team will provide a free community Narcan Training, while Kern Public Health EMS staff will be on hand to talk about when to call 9-1-1 and what to do before, during and after the call.

Narcan Distribution and other information will be available from Public Health and Kern County Library.

KERN COUNTY PUBLIC HEALTH · Prevention · KERN COUNTY LIBRARY

TOGETHER FOR MENTAL HEALTH

May 16
10am-2:00pm
2001-28th Street, Bakersfield
Limited seating
REFRESHMENTS PROVIDED

WORKSHOPS

- In Our Own Voice: stories of hope and recovery
- L.E.A.P: tools to create better relationships
- Fentanyl Awareness: what you can do to help
- Art: create a unique piece of artwork
- Meditation: learn to relax & reduce stress
- Basic Sewing: projects for beginners
- LaSalud Mental La Recuperion: for Latinx

RVSP: namikern@yahoo.com

NAMI National Alliance on Mental Illness Kern County

KERN COUNTY BEHAVIORAL HEALTH & RECOVERY SERVICES

HAPPY NATIONAL NURSES WEEK

MAY 6-12

Thank you for the work you do

KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES




FOODS
KERN COUNTY




KERN COUNTY
BEHAVIORAL HEALTH & RECOVERY SERVICES
2024 MENTAL HEALTH
Directing Change
Program and Film Contest





Special Thanks to our Partner Agencies and Community-Based Organizations







































